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## The Spread Of Depression Among Teenagers

There are several issues in our society such as poverty, unemployment, and education. These are major issues that are talked about and have given importance since we are greatly affected by it. But how about depression? Have you ever thought that depression is a major issue in our country and in our world? How big of an issue is it? Depression is not just an emotion of sadness. It is a common and serious medical illness that is more than capable of killing. How are we supposed to meet expectations and help in making a better world if we, ourselves, are trapped in this state of incapability and battle where our own enemy is ourselves? Today, this disease not only affects a little but a dangerous number of teenagers in the world. This is why depression should not be seen and misunderstood as just feeling sad. All of us should start making a change and fight back depression immediately.

First and foremost, the emergence of teenage depression is not just a coincidence. Depression, it can happen to anyone. It occurs not only to adults but even on teens and today, there are actually a lot more cases of depression on teens than adults. Why? Because teenage years or adolescence are the transitional phase in which teens face tough situations regarding themselves, their family, peers, and school. Teenage years are when they start to build and define themselves. Inability to meet expectations is often what leads them to depression. Research says that teenage depression is on the rise. It is when changes on how certain things affect us, from the way we think, occurs. Some people are lucky for not having to suffer through depression. They say happiness is a choice and once I believed it was. But since I've known depression and learned on how things that are once enjoyed become nothing; that at one point, I start asking why. Why these accomplishments I made in my whole life feel nothing? Why do I feel senseless? I used to believe that happy is always there until it happened, the sudden undefined reason for sadness and mental state of incapability. It just happens.

We are all trying to be happy. That is why we strive for success and we live life to the fullest. We live trying to define happiness. But nobody can choose what would make them sad. Nobody chose to be depressed. Nobody can escape that easily from something they didn't want to happen to them. Yes, there are several ways to overcome depression, treatments and medication, but still the scars need time to heal. We should stop telling people suffering from depression to just "snap out of it" or "it's just in your head". This does not help them overcome the depression. Again, it is not easy. It is not as simple as that. If we try putting ourselves into what they are facing; the pressure, struggles, and the nightmare of having no desire to do anything or live at all, the extreme sadness and pain. Think of it, 1 out of 8 teens are affected by this disease and is increasing every passing year. Imagine, if millions of teenagers grow in depression and are not given solution, there is a big possibility that our world tomorrow will not only be a place of emotionally unstable adults but a place. There is a theory about "cycle" Parents who reportedly suffered from depression in their teenage years are more likely have their kids suffering, too. Because family is the foundation of any other relationships, it is a big factor. There is a saying that "ang kabataan ang susi sa kinabukasan". But in the reality today, it is not just a coincidence. First and foremost, we should pay attention to depression and not take it lightly because it has a great impact on the overall health of a person and is a great risk for suicide. As said, depression is more than just the feeling of sadness, but a state of mind in which one feels bad and anxious and finds the whole life desperate; the reason why

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teenagers suffering from depression are at higher risk for suicidal thoughts. There are people who speak about depression and easily throw away the word “depressed” simply because they feel sad at the moment or sometimes even making fun of it as if it really is nothing but being overly emotional. But people should start taking it seriously. It should not be ignored nor be pushed aside. We never know what each one of us has gone through and we all have the right to be happy. The best thing we must do is to listen without judgment. People who are experiencing deep depression sees death as the only way to stop the pain they are going through. Suicide is the third-leading cause of death for 15 to 24-year-olds, according to the Centers for Disease Control and Prevention (CDC), after accidents and homicide and more than 50 percent of all people who die by suicide reportedly suffered from major depression. According to the World Health Organization, Major Depressive Disorder or depression is the leading cause of disability worldwide. This disorder carries a high burden of disease, resulting in significant costs to families, employers, and publicly funded health systems. Other than suicide, depression also leads to substance abuse or alcohol and drug addiction. It can also worsen pre-existing illnesses and vice-versa. By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. In 2014, 11.4 percent of youths aged 12 to 17 (2.8 million adolescents) had a major depressive episode (MDE) in the past year. Youths aged 12 to 17 in 2014 who had a past year MDE were more likely than those without a past year MDE to have used any illicit drugs in the past year (33.0 vs. 15.2 percent). Depression is a brain disorder that can lead to much emotional anguish. Symptoms of depression such as lack of sleep or oversleeping, insomnia, and decreased appetite create changes and have a big effect into your body. It can also increase your risk for certain physical illnesses or conditions. Similarly, some illnesses can also trigger depression. Depression is a killer. We need to fight it back. Hence, we all must take action in solving teenage depression because it is on the rise.

All in all, depression should be taken seriously. If you know someone who is blah blah blah try to help them out. And if you are the one who is experiencing this, do not be afraid to seek for help. You are not alone. Do not let depression take over you. There are a lot more in this world than blah blah blah and we need to realize that. What we need is action, It is not easy but there is always a way. We can overcome it, for today and for tomorrow.

Lastly, understanding the problem does not mean it has been solved. You should help in the fight against depression because it saves lives. Having or not having depression, you must take action. We must take action now before it gets too late.